

# **Date Rape Drugs: An Alert**

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## **Introduction**

There is a new danger on the dating scene and it is lethal. Date rape drugs are turning up at all the places teens and young adults party. Predators and pranksters slip the illegal substances into drinks hoping to loosen victims' inhibitions and erase their memories. Why? Most often the goal is sex.

The victim of a date rape drug can put up little resistance to a sexual assault and may have no memory of the event afterwards. However, nonconsensual sex is rape and there are severe legal penalties for a rape conviction.

Understanding the implications of the date rape drugs can spare potential victims and attackers the severe consequences.



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## **Educational Goals**

After watching *Date Rape Drugs: An Alert* and reading the "User's Guide," participants will be able to:

1. Learn the names and characteristics of three date rape drugs: Rohypnol, GHB, and Ketamine.
2. Discover how the drugs are given to victims.
3. Understand the physical, emotional, and legal problems caused by using any of the date rape drugs.
4. Identify safety guidelines that can protect party-goers from date rape drug victimization.

## **Before Viewing**

The concept of date rape drugs may be new to many high school students. You may want to conduct a short class discussion to generate interest and understanding before showing the video program.

Reviewing the issue of date rape, which occurs when a person is raped by a friend or acquaintance, could be a good starting point. Next, you may want to see how much the class knows about date rape drugs by asking some of the following questions.

1. How many of you have heard about the date rape drugs?
2. Did you learn about them from friends, television or the newspaper?
3. What do you know about the drugs?
4. Do you think you could be a victim of the date rape drugs? Why? Why not?

## **Video Overview**

Tracy woke up to find that she was being sexually assaulted. She had no idea how it could have happened. The last thing she remembered she was talking to her friends at a party just like she did many times. Plus, she knew everyone at the party. They were her friends. It didn't make sense. What went wrong?

### **What, Why, How**

What went wrong was what is going wrong for many other young people across the country. They are suffering memory losses after being drugged with one of the three main date rape drugs: Rohypnol, GHB, and Ketamine. The drugs, which don't smell or taste strange, are slipped into drinks, in the hope that the victims will lose their inhibitions and be unable to stop a sexual episode. The drugs act fast with the effects starting to kick in within 15 minutes.

If a victim can't remember what happened, she can't identify an attacker. She probably won't have enough evidence to file a rape charge. Who is to say, it wasn't consensual? That is what the attacker is counting on. Although, would-be predators need to know that sex without consent is considered rape and there are criminal penalties for a rape conviction.

However, it isn't only women who are victims. Men have also been drugged. More often, it is the result of a prank. And, it isn't just young people who drink alcohol who need to watch out for the date rape drugs. Although alcohol triples the effects of the drugs, the substances also work in soft drinks, punchbowls, and even water.

## The Drugs

While the date rape drugs cause similar effects, they are somewhat different.

**Rohypnol** is the number one date rape drug. The white pills are nicknamed "roofies." The drug, which is still legal in 60 countries, is prescribed by doctors abroad as a strong tranquilizer and an aid for insomnia. Rohypnol is not legal in the United States. The pills, which come in a blister pack, are smuggled into the country and sold for a few dollars. The effects of Rohypnol start quickly and can last for up to eight hours. In addition to triggering confusion and memory loss, Rohypnol use can cause severe vomiting, seizures, and respiratory shutdown.

**GHB or Gamma Hydroxy Butyric Acid** or "Liquid G" first surfaced in the United States when bodybuilders began using it to release growth hormones. What makes this illegal drug extra deadly is that it can be produced in unregulated home labs with a few chemicals and cleaning supplies. One batch might be stronger than another and contamination is always a big factor. GHB users have experienced memory loss, seizures, breathing problems, and even comas.

**Ketamine** is a drug veterinarians use to tranquilize cats for medical procedures. But Ketamine is also used as a date rape drug. It is strongest when injected but also can be taken by mouth or inhaled. In low doses, Ketamine loosens up inhibitions. In higher doses, the drug can mimic LSD causing wild hallucinations.

## Safety Guidelines

While there is no safety guarantee, there are some ways you can protect yourself from drugged drinks.

**Get Your Own.** Don't accept a drink from someone you don't know. To be extra safe, get your own drinks no matter what is in the cup. Watch out for punchbowls.

**Open Your Own.** Accept only unopened drinks from another person. Open cans or bottles yourself.

**Take Your Own.** Never leave your drink. If you go somewhere else, take your drink with you or get a fresh one when you come back.

**Buddy System.** Make a pact with your friends that you will watch out for each other and you will all go home together. Decide ahead of time that even if you meet someone real interesting and are tempted to leave with him or her, you'll stick together.

**Medical Attention.** If your buddy system breaks down or you feel something just was not right or you are really sick the next day. go to a doctor or clinic. You may be fine but if you were drugged or drugged and raped, you will need medical attention.



## What Would You Do?

See yourself in the following party scene. What would you do in each circumstance?

1. Someone you don't know hands you a drink in a cup.
2. Someone you do know hands you a drink in a cup.
3. A friend of yours tells you about a new drug that puts girls in the mood to have sex. He wants you to help him put the drug in the drinks of two specific girls. He guarantees they won't be able to tell what happen so you can't get in trouble.
4. You are handed an open soft drink.
5. Someone asks you to dance. What do you do with your drink?
6. You meet a great guy from another school. He wants to drive you home. What do you tell him?
7. You lose track of your friend so you leave the party without her. The next day she tells you she is really sick and doesn't remember what happened. What would you tell her to do?

## **Other Videos Available From**



### **When Date Becomes Rape**

Teens need factual information to combat the rising social problem of date rape. This video includes interviews with experts in the fields of sociology, anthropology, psychology and rape counseling. The video also presents "point of view" interviews with a young woman and man. Information on societal causes for this problem is combined with valuable information on prevention and treatment, making this an essential program for all teens.

Item No. 2628 (26 min.).....\$97.00

### **Red Flags: Avoiding Abusive Relationships**

Time out! There's a flag on the play! This exciting video features the Love Referee as an expert on avoiding abusive relationships. His red flag system for spotting trouble dating issues is an easy way to remember and avoid them in the future. Dating is a natural part of growing up and preparing for adult relationships. Everyone deserves to be treated with respect and to feel safe on a date. This program will cover issues like manipulative and controlling behavior, lying, people with problem lifestyles, physical abuse, obsessive behavior and sexual pressure. The Love Ref. shows some dramatic footage with relevant examples of these problems, and encourages people involved in bad relationships to get out - they deserve better!

Item No. 2638 (20 min.)...\$95.00

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